

The Pipeline

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Don't Let The Holidays Get You Down

By: Eva Smith-Carroll, CHS - Communications

For many people, "Blue Christmas" is more than a song. It's the way they feel. Grief, loneliness, and stress don't go away just because it's the holidays. These feelings may even be intensified since this is the season when everyone is "supposed" to be jolly. Here are some suggested ways of dealing with the holiday blues:

Rethink your expectations:

- Plan a holiday that is right for you and your family. Don't try to have a "Martha Stewart Christmas" unless you are Martha Stewart.
- Enrich your holiday without spending a lot of money. Stroll around the neighborhood and look at the lights, read to your kids, attend a school program, or put on an Elvis CD and sing along.
- Make an effort to be with others. People – not things – should be the center of the celebration. Go to a church gathering or a party. Volunteer at a local shelter or nursing home. If you're housebound, pick up the phone and invite a friend over.

Take care of yourself:

- Eat a balanced diet – go easy on the treats.
- Get out in the sunshine and walk.
- Rest when you're tired.
- Avoid alcohol and drugs.

On a final note, don't hesitate to seek help if you continue to feel depressed or unable to cope. Some options are talking to a physician, minister or counselor. More information is available by contacting your community mental health center.

The community mental health agency in the Frankfort area is the Bluegrass Regional Mental Health/Mental Retardation Board. It covers Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, and Woodford counties.

State employees can also seek help from the Kentucky Employee Assistance Program (KEAP). KEAP provides employees with an avenue for addressing personal issues that might have an adverse effect on their work. For more information call (502) 564-5788.

Wilding Named Chief Nurse

By: Gil Lawson, CHS – Communications

Sarah J. Wilding has been named the chief nurse in the Department for Public Health.

Wilding, a registered nurse, has been a hospital nurse in Lexington and Louisville, has worked in a local health department and worked for 20 years in a variety of areas of the Department for Public Health, especially in areas related to maternal and child health issues.

She has been involved in legislative initiatives, public and professional awareness initiatives, and coalition building. More recently she has been working on quality improvement, performance monitoring, and outcome measurement in the Department for Medicaid Services. In addition to her extensive nursing experience, she has a master's degree in public administration.

Wilding replaces Viola Brown, who retired.

4 Year-Old Leukemia Patient In Need of Blood



Could your blood help a child in need? Forest Reents, age 4, has recently been diagnosed with Acute Leukemia. He is currently receiving several blood transfusions per week. The American Red Cross is in need of blood donations of all blood types for children with similar dire needs. If you are a blood donor or would consider donating, please feel free to contact Forest's aunt, Gina Rose, at (502) 633-9801 or (502) 564-6490.

The American Red Cross will hold a blood drive at the State Office Building on Dec. 22, 1999. The bloodmobile will arrive at 8 a.m. and donations will be taken beginning at 8:30 a.m. Feel free to contact Ms. Rose to set up an appointment for donation.

CHS Employee Recognition

The Department for Public Health held its second Employee Recognition Program on Nov. 23 to honor outstanding contributions by its staff.

Nominations for the awards were sought from all six divisions in the department.

A committee made up of representatives of each division made the selections. Winners received a solid walnut plaque inscribed with the achievement. The winners' names will also listed on a larger plaque that hangs in the department board room.

"Many Kentuckians have no idea what you do to protect their health and safety. But I know what you do, and I want you to know how much I appreciate it. And I am proud to be your leader," Dr. Rice Leach, the public health commissioner, told the audience. A reception followed the awards ceremony.

Here are the winners:

COMMISSIONER'S AWARD FOR EXCELLENCE IN PROGRAM IMPLEMENTATION: For a non-supervisory staff person who provides direction and guidance to a wide variety of activities that help our programs operate and succeed.

Vera Foree, Division of Laboratory Services. She has worked 24 years in the lab, primarily in the section that does blood tests on newborn babies to prevent certain problems.



Beverly Stone, Division of Local Health Department Operations, receives the Commissioner's Award for Excellence in Program Support from Dr. Samuel Gregorio, lab director, and, right, Dr. Rice Leach, the public health commissioner.

COMMISSIONER'S AWARD FOR EXCELLENCE IN PROGRAM SUPPORT: For a non-supervisory individual who provides critical support to the operation of the organization.

Beverly Stone, Division of Local Health Department Operations. Ms. Stone's work supports the work of the health departments located in all 120 counties.

COMMISSIONER'S AWARD FOR EXCELLENCE IN SUPERVISION: Recognizes a supervisor of one or more staff for contributions.

Norma Carlin, Division of Laboratory Services. She has worked 30 years in the lab and is a microbiologist. She supervises 12 employees and has implemented many new technologies.



Norma Carlin, left, Division of Laboratory Services, receives the Commissioner's Award for Excellence in Supervision from Suann Hudson, division director of resource management, and Dr. Leach.

COMMISSIONER'S INTRADIVISIONAL GROUP AWARD FOR EXCELLENCE: For staff *within* a division who work on projects that require a multi-disciplinary effort.

The Newborn Screening Team, Division of Laboratory Services. This team identifies disorders in newborns that can lead to serious health problems. They review 350 specimens a day and make sure all infants are protected from certain disorders.

COMMISSIONER'S INTERDIVISIONAL GROUP AWARD FOR EXCELLENCE: For staff who work on projects *across* division lines that require a multi-disciplinary effort.

The Infertility Prevention Project from the Divisions of Epidemiology and Health Planning, Laboratory Services, and Adult and Child Health. This group helps improve the health of women and their unborn children by such things as reducing the complications caused by chlamydia, a sexually transmitted disease that can cause eye infections and pneumonia in newborns.



The Commissioner's Interdivisional Award for Excellence went to the Infertility Prevention Project, a cooperative effort of the divisions of Epidemiology and Health Planning, Laboratory Services, and Adult and Child Health. Front left to right, front row, are David Knapp, Roger Maxwell, Sharma Klee, Meloney Russell, David Raines, Kathy Morris, Gretchen Marshall, and Norma Carlin. In back are Patrick Rickard, director of local health department operations, and Dr. Leach.

A Time of Giving

By Lisa Aug, CFC - Communications

They almost outnumber the credit-card offers this time of year: the mail and telephone pleas for charitable contributions. Writing checks is nice and earns a small reward from the IRS, but some people take advantage of the charitable opportunities the rest of the year.



Do you volunteer for a favorite charity? Serve meals to the hungry, build shelter for the homeless, visit the homebound, reach out to the lonely? If you do more than send money, if you remember those in need year-round rather than just between Thanksgiving and Christmas, *Pipeline* wants to hear your story. Who do you help, why do you help, what do you do, and what do you get out of it? If we get enough responses, we will make this a regular feature. You can write your story yourself, or call us with the details and we'll write it for you.

They call me the Produce Lady. I'm a garden fanatic, and I always plant about 10 times as much as my family can eat, and at least twice as much as I can foist on friends. So three years ago I started taking my vegetable surplus to the soup kitchen operated by the Coalition of Committed Christians at the ACCESS Shelter on Second Street (two doors from the fire station) in Frankfort.

About once a week from April (lettuce, peas) through bumper summer crops of beans, tomatoes, and squash to late peppers and fall potatoes, I haul plastic bags of my excess veggies down to the soup kitchen during lunch. Sometimes I'm still embarrassed by the welcome the staff and clients give my garden surplus. After all, they're doing me a favor: I feel less guilty about not canning, and the extra would go into the compost pile otherwise.

I also started collecting hotel miniature soaps and shampoos from my travels for the shelter. I carry my own toiletries and never use the complimentary ones. The Coalition packs small baskets of toiletries for the clients who leave the shelter, and the hotel give-aways are perfect for those. Now family and friends save them for me, too. If anyone in Frankfort or elsewhere would like to contribute soaps, shampoos, or other items to the shelter, it is open for lunch from 11:30 to 12:30 daily. If you prefer, you can leave them with me (Communications Office, Fourth Floor), and I will take them on my next trip to the shelter.

Pipeline, a weekly newsletter for employees of the Cabinets for Families and Children and Health Services, welcomes reader comments and contributions. Items for Pipeline are due by 4:30 p.m. Tuesday; items for intercom announcements are due by 4:30 p.m. Monday. Call (502) 564-6786 or send information to Patricia Boler at Patricia.Boler@mail.state.ky.us

Corrections Coming to Health Services Building

By: Gil Lawson, CHS – Communications

The CHR Complex will soon have some new residents occupying the basement of the Health Services Building.

Approximately 140 members of the Department of Corrections central office staff and Parole Board will be moving this month into new offices. The department and Parole Board, both of which are in the Justice Cabinet, are moving from the State Office Building.

Renovation work is underway in the Health Services Building. The move is expected to start Dec. 15 and be completed by the end of the year.

The move was prompted by concerns about overloading the electrical system in the State Office Building. The addition of computers has added to the need for power in recent years, according to Finance and Administration Cabinet officials.

The Department of Corrections includes the commissioner's office and three divisions: administrative services, community services, and adult institutions. The Parole Board, which is separate from the department, will also be moving its offices to the Health Services Building.

This will be a temporary location for Corrections until a new office site can be found, according to Deputy Finance and Administration Cabinet Secretary Bonnie Howell.

The basement of the Health Services Building had been occupied by the MARS staff, which has moved to other locations in Frankfort.



"Do You Remember Where We Parked?"

Parking, as always, is at a premium at this building. We have some difficulty with visitors who are unfamiliar with our parking restrictions. Please make sure your visitors understand that there are several spaces reserved for them. These spaces are marked "2-Hour Visitor". Visitors are also welcome to use any unmarked parking spaces. Remind your visitors to avoid using any parking space that is painted with the word "reserved". Disabled visitors who need to use the spaces reserved for disabled drivers or passengers may of course do so. Your consideration is greatly appreciated.



Notes and Activities

- To volunteer with the **Special Friends** program, and be a mentor to a child, contact Ronnie Dunn of CFC's Employee Services at 502-564-7770, ext. 3566.
- The **Fibromyalgia Support Group** meets the third Thursday of each month at 7 p.m. at Highland Christian Church, Versailles Road, in Frankfort. Anyone who is interested is invited to attend. For more information, call Linda Burke of Health Services at 564-7213.
- The **aerobics program** meets every Tuesday and Thursday at 5 p.m. in the cafeteria. Call Beth Bates at 564-7736 for more information.
- **Mechanical Maintenance and Operations** will be shutting the power down **Sunday, Dec. 5 at 6 a.m.** at the CHR Complex. **Please be sure to turn off all computers, printers and other equipment that could be damaged due to power interruption. The outage is scheduled to last approximately three hours.**

Happy Holidays!

Soon our state government "families" will come together to enjoy the splendor of the season. Here are several receptions scheduled for the upcoming weeks:



Lt. Governor Stephen L. Henry invites all state employees to the **Old Governor's Mansion at 420 High Street** for a Christmas Reception on **Thursday, Dec. 9 from 1 – 4 p.m.**

Governor and Mrs. Paul Patton invite all state employees to the **Governor's Mansion** for a Christmas Reception on **Wednesday, Dec. 15 from 1 – 4 p.m.**

The **Cabinet for Families and Children and the Cabinet for Health Services** will host a Christmas reception for employees on **Thursday, Dec. 16 from 2 – 4 p.m.** in the **CHR Building cafeteria**. Employees are asked to observe the following schedule:

2 – 2:30 p.m.	Health Services Building Employees
2:30 – 3 p.m.	5 th and 6 th floor CHR Bldg. Employees
3 – 3:30 p.m.	3 rd and 4 th floor CHR Bldg. Employees
3:30 – 4 p.m.	1 st and 2 nd floor CHR Bldg. Employees First City Complex and Fair Oaks Employees

Santa Is Coming!



Santa Claus will visit the Cabinet for Families and Children and the Cabinet for Health Services on Friday, Dec. 17. Your little ones can have their pictures taken with Santa free of charge!

Santa will move through the CFC and CHS buildings on the following schedule:

8-8:45 a.m.	Lobby – Health Services Building
9-9:45 a.m.	1 st and 2 nd floors – CHR Building
10-10:45 a.m.	3 rd floor – CHR Building
11-11:45 a.m.	4 th floor – CHR Building
12:30-1:15 p.m.	5 th floor – CHR Building
1:30-2:15 p.m.	6 th floor – CHR Building
2:30-3:15 p.m.	MH/MR Commissioner's Office – Fair Oaks
3:30-4:30 p.m.	Conference Room C – First City Complex

State Holidays



December and January state government holidays are as follows:

Inauguration Day – Dec. 7, 1999

Christmas – Dec. 23 and Dec. 2, 1999

New Year's – Dec. 31, 1999 and Jan. 3, 2000

Martin Luther King Jr.'s Birthday – Jan. 17, 2000



Inauguration '99

Governor and Mrs. Patton and the lieutenant governor would like for you and your family to share in the inaugural activities in Frankfort next Tuesday, Dec. 7, which is a state holiday. Please check out the web site for the Inauguration at <http://www.state.ky.us/agencies/gov/inaug99.htm> for the details. All events listed are free and open to the public. Shuttle transportation will be provided as a service to the Capitol, the History Center and the inaugural balls from the CHR parking lot.

Come share in the last Inauguration of this century!

Retirement Reception

There will be a retirement reception for **Byron Combs** of CFC's Office of the Ombudsman will be held on **Thursday, Dec. 9 from 2-4 p.m.** in the Ombudsman's Conference Room on the 1st floor of the CHR Building. For more information, contact India Williams at 564-5497.